



CO's Corner

Recently both the Marine Corps Times as well as the Navy Times ran articles outlining changes in tattoo policies and regulations. This issue of *The Point* contains some medical information concerning the tattooing process itself. Hopefully you will find this information useful if you are considering this procedure.

Also in this issue we talk about allergies as well as the little known chiropractic benefit offered to our active duty here at the hospital.

Lastly, I would like to remind everyone to pay attention to the heat condition flags that will start flying around the base. I cannot overemphasize how important it is to remain hydrated while staying healthy and having fun outdoors in the heat.

Thanks for reading, and I look forward to seeing you around the Air Station.

CAPT E. V. Valentin, MSC, USN

Facts about Tattoos

A tattoo is a permanent mark or design made on your skin with pigments inserted through pricks into the skin's top layer. This is accomplished using a needle connected to a small machine with tubes containing dye that pierces the skin repeatedly - an action that resembles a sewing machine. With every puncture, the needle inserts tiny ink droplets. The process, which may last up to several hours for a large tattoo, causes a small amount of bleeding and pain ranging from discomfort to severe.

The risks inherent to tattoos result from breaching one of your body's main protective barriers - the skin. This means you can be more

susceptible to skin infections and other skin reactions. Specific risks include blood borne diseases, skin disorders, and skin infections. Tattoo dyes, particularly red, can cause allergic skin reactions, resulting in an itchy rash at the tattoo site. This may occur even years after you get the tattoo.

An important thing to remember is Tattoos are permanent. If you are a TRICARE beneficiary, tattoo removal is *not* a covered benefit. Therefore, active duty, active duty family members, retirees, and retiree family members who wish to have a tattoo removed will have to pay for the service completely out of pocket. Obtaining a tattoo that may potentially cause active duty to be out of regulations is strongly discouraged.

Tis the season for sneezin'

Allergies are the 6th leading cause of chronic illness in the U.S. with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year. Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. These substances, or allergens, can cause sneezing, coughing, and itching. Allergic reactions range from merely bothersome to life-threatening. Some allergies are seasonal, like hay fever. Allergies have also been associated with chronic conditions like sinusitis and asthma. If you or one of your family members thinks you may have allergies, make an appointment with your Primary Care Manager (PCM) to get checked out.

Dear Benefits Betty,

My civilian specialist recently prescribed a medication I could not obtain at the Naval

Hospital Cherry Point pharmacy. I went to a civilian network pharmacy and they charged me a co-pay of \$22 for this prescription. Is this correct? In the past, my co-pays have always been either \$3 or \$9.

Signed, Inquiring Ida

BB: Dear Inquiring Ida,

In the past year, the Department of Defense has established a "uniform formulary" consisting of generic and brand-named drugs, as well as a third tier of medications that are designated as "non-formulary." If your doctor prescribes a medication that is on the non-formulary list, this medication will be dispensed with a cost-share of \$22. If however, your doctor provides an explanation of the prescription's medical necessity and it is approved, you could qualify to receive the non-formulary medication at the standard formulary cost-share of either \$3 or \$9 at retail network pharmacies and through the TRICARE Mail Order Pharmacy (TMOP). Each non-formulary medication has its own medical necessity criteria and form. Visit www.tricare.mil/pharmacy to check the formulary list and download the applicable forms.

Benefits Betty

Chiropractic Care for Active Duty Available Patients that have spinal conditions causing lower back pain, middle back pain, neck pain, arm & leg pain, and headaches are candidates for chiropractic evaluation and treatment. The Naval Hospital Chiropractic Clinic can help active duty treat these problems. The Chiropractic Clinic hours are Monday-Thursday from 0700 to 1600 and Friday 0700 to 1030. Active duty must obtain a referral from their Primary Care Manager (PCM) to be seen in the chiropractic clinic.

Note: Chiropractic care is not a TRICARE covered benefit and therefore will not be reimbursed if obtained in the private sector. It is available only at the Military Treatment Facility and due to availability. It is currently only offered to our active duty population. For more information, ask your PCM about chiropractic care today.

May Health Education Dates

Tobacco Cessation 1, 8, 15, 22
Cholesterol/Nutrition 9
Diabetes Self-Management 3, 10, 17, 31
Weight Management Nutrition 1, 22

Class times and locations vary; please call (252) 466-0921/6467 to sign up.

May Health Resources

Asthma and Allergy Awareness Month
<http://www.aafa.org>
Skin Cancer Detection and Prevention Month
<http://www.aad.org>
National Bike Month
<http://www.bikeleague.org>
National Physical Fitness and Sports Month
<http://www.fitness.gov>

May Word Search

S	Q	B	Y	K	M	B	E	O	Y	D	N	P	Q	Y
T	U	I	W	V	E	X	R	C	X	O	B	Y	W	C
D	U	N	V	E	E	K	Y	U	I	J	M	G	A	Z
L	K	H	S	R	D	A	F	S	R	S	E	R	K	A
M	X	F	C	C	M	V	N	P	E	U	L	E	Z	X
J	H	I	P	H	R	E	N	K	X	H	A	L	H	U
V	S	P	T	J	T	E	L	Q	E	Y	N	L	D	D
E	O	S	M	R	Q	L	E	L	M	L	O	A	U	D
H	A	Q	E	U	V	G	B	N	A	Z	M	A	T	G
M	K	P	C	G	V	Y	D	E	Z	B	A	W	M	C
J	Y	R	E	S	T	H	T	A	R	M	T	E	B	A
H	P	S	Y	C	H	O	L	O	G	Y	G	F	K	A
L	L	A	B	E	S	A	B	P	O	Q	D	D	O	K
W	E	A	B	O	P	J	F	L	D	S	Y	M	L	S
J	I	L	I	R	U	F	V	A	I	U	U	M	H	H

Allergy	Asthma
Baseball	Exercise
Hypertension	Melanoma
Psychology	Rest
Softball	Sunscreen

Hospital Vitals

Appointment Line (252) 466.0921
AD Appointments (252) 466.0355/56
Information Line (252) 466.0266
Nurse Advice Line 1 (866) 450.3230
Customer Service Line (252) 466.0367
Family Care Clinic M-F 0730-1630
Pediatric Clinic M-F 0730-1630
Evening Clinic M-F 1630-1800
Pharmacy M-F 0800-1700
Pharmacy Refill Pick Ups 0800-2000
Administrative Offices M-F 0730-1630
Emergency Room 24hrs / 7days
Laboratory Hours M-F 0730-1615

Comments or Suggestions? Use the
Interactive Customer Evaluation located
at <http://cpoint-www.med.navy.mil>

